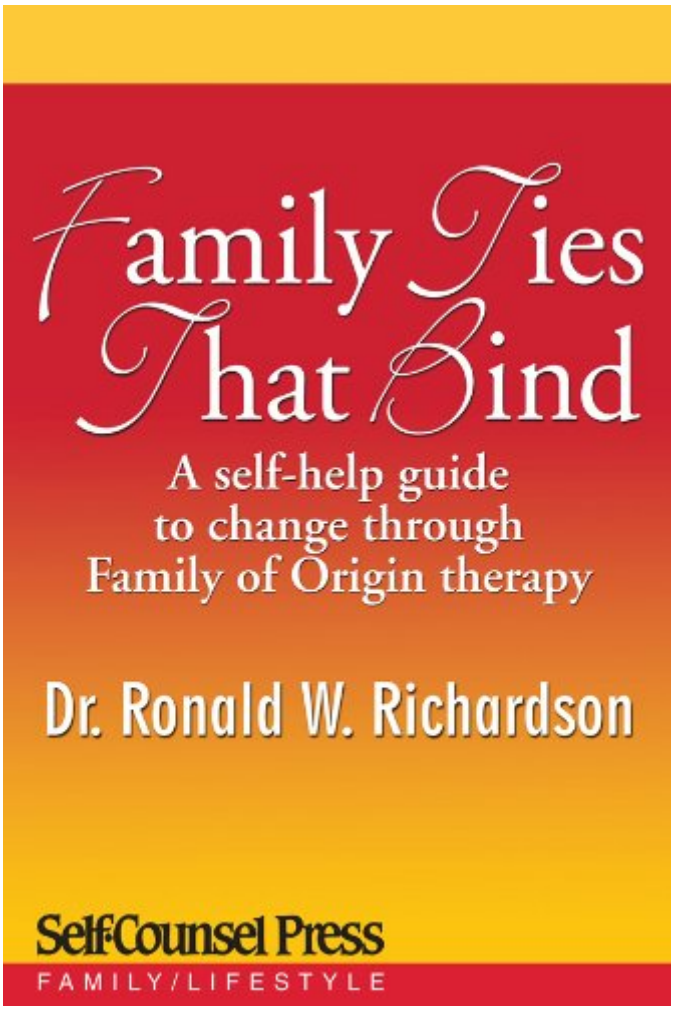
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Family Ties That Bind: A Self-help Guide To Change Through Family Of Origin Therapy (Personal Self-Help Series)



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Synopsis

Improve your personal relationships Most peopleÃ¢â ¬â„¢s lives are complicated by family relationships. Birth order, our parentsÃ¢â ¬â„¢ relationship, and the Ã¢â ¬Å“rulesÃ¢â ¬Â• we were brought up with can affect our self-esteem and relationships with spouses, children, and other family members. Family of Origin therapy and techniques can help you create better relationships. This easy-to-read, practical book explains how families function and what you can do to change the way you act in your family and with other people. Exercises show how to apply the principles to your own situation and develop a more positive approach to all aspects of your life. Topics covered include: * What makes it so difficult to be myself with my family? * How is my relationship with my spouse affected by how my family acted when I was a child? * Will my parents still love me if I let them know my real feelings? * How has my birth order and my gender affected my personality? * What birth order in a spouse is the best match for me? * Why do I always feel rejected when my spouse disagrees with me? * How can I change the way I react? * What role does my family history play in my life? * How can I improve my communication skills?Step-by-step exercises show how to make contact with Ã¢â ¬Å“lostÃ¢â ¬Â• family members, how to interview relatives to develop a clearer picture of how each member fits into the family tree, and how to find different and better ways of dealing with family relationships. Professionals will also find this book a useful companion to their therapy sessions with clients.

Book Information

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Customer Reviews

Excellent book for anyone who is interested in improving family relationships. It helped me understand that a family is more than the sum of its members and that relationships may have many influences and implications. Easy to read, to the point and very helpful.

I have been recommending this book to friends and colleagues who are struggling with family issues. It is easy to read, and yet raises very relevant and practical questions. This is the perfect bridge between the most powerful academic ideas, and practical steps for anyone to take to understand themselves, and create better relationships with their family.There are many cases presented in the book that can help you see that what you’re experiencing is common, and can be worked through. The underlying structure of the book is very solid--based on Friedman’s emotional systems stuff. There is a part at the end on how to research and learn from your family history, going back several generations.Finally, there is a fun chapter on family position. I think it is meant to be general, and taken with a grain of salt. Having said that, I’ve found the research on the link between family position and couple compatibility to be very interesting.If you like this book and want more depth, read "Generation to Generation" by Edwin Friedman.

Richardson delivers exactly what he promises - a good introduction to Family Systems in layperson terms. Do not expect that you can read this brief work and become an expert on Family Systems or even make major changes in your own life by reading this "Self-help guide" (or any other self-help guide for that matter). For that you will have to do your own work with lots of introspection and for most more guidance and learning than this book can provide, but it does deliver a very good introduction and gets you thinking about your relationships in a new way. Very good resource.

Ronald Richardson is a clear writer, very experienced in the field of family systems dynamics and has some very insightful, though brief, work here on family systems dynamics. This book would be helpful for anyone to read!

really great book! speaks a lot of truth about family and the things that influence us in our lives, it’s worth reading for sure.

This book is very well written and very easy to read. It is well structured and explains relationships between siblings in a clear concise manner. I learned a lot from this book and I recommend it ...

great insights about family of origin and how somethings we deal with come from our family of orgin issues, I learned many things

Excellent, easily accessed for the layperson.I hand this book out on a regular basis with great success in helping people understand themselves and others.

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